



Australian Government

CUADAN409 Develop expertise in contemporary dance technique

Release: 2

CUADAN409 Develop expertise in contemporary dance technique

Modification History

Release	Comments
Release 2	This version released with CUA Creative Arts and Culture Training Package version 2.0. Updated assessment conditions section. Updated modification history section to reflect changed name of training package.
Release 1	This version first released with CUA Creative Arts and Culture Training Package version 1.0.

Application

This unit describes the performance outcomes, skills and knowledge required to add range and depth to contemporary dance technique.

At this level, dancers are constantly refining their technique and expression to produce performances that convey the mood and style of music through complex dance movements. They could be preparing for performances in commercial or competition settings where they would usually be performing as members of an ensemble, though some solo work could be expected.

While supervision and guidance are provided in practice sessions and rehearsals, dancers are expected to display a high level of motivation and responsibility for themselves and others when it comes to applying dance technique in a live performance context.

No licensing, legislative or certification requirements apply to this unit at the time of publication.

Unit Sector

Performing arts - dance

Elements and Performance Criteria

Elements	Performance Criteria
<i>Elements describe the essential outcomes.</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
1. Maintain a physical conditioning program	1.1 In consultation with relevant personnel, identify a range of techniques to prevent injuries and improve stamina, strength and flexibility

	1.2 Set realistic physical conditioning goals aimed at improving own dance technique 1.3 Identify risk factors that may inhibit the achievement of goals and seek professional advice as required 1.4 Take fatigue and personal limitations into account when undertaking physical conditioning program 1.5 Observe safe dance practice by performing warm-up and warm-down activities in conjunction with dance activities 1.6 Wear appropriate clothing and footwear when undertaking exercise regime and practising dance technique
2. Use practice sessions to increase level of expertise in contemporary dance technique	2.1 Practise a range of exercises in preparation for contemporary dance performances 2.2 Practise techniques to produce clean and sharp isocentric and polycentric isolations 2.3 Practise conveying a range of emotions through dance 2.4 Extend techniques to give performances a range of dynamics 2.5 Use creativity, versatility, individuality and enthusiasm when performing exercises and dance routines 2.6 Ensure that flow and interaction with other dancers are smooth and well-timed 2.7 Apply precision, rhythm and musicality when performing dance sequences
3. Maintain expertise in contemporary dance technique	3.1 Practise and refine combinations of complex movements and routines 3.2 Maintain and update knowledge of contemporary dance history and terminology 3.3 Use feedback from others to identify and develop ways to improve own contemporary dance performance skills 3.4 Regularly view performances by industry practitioners as a way of sourcing new ideas, identifying trends, maintaining motivation, and improving own technique

Foundation Skills

This section describes language, literacy, numeracy and employment skills incorporated in the performance criteria that are required for competent performance.

Skill	Performance	Description
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	Criteria	
Learning	1.1, 3.3, 3.4	- Seeks the views and opinions of others to develop own understanding - Observes industry practitioners, sources new ideas and identifies trends, and applies to own techniques
Reading	3.2	Obtains information from written sources about contemporary dance history and terminology
Oral communication	1.1, 1.3, 3.3	Obtains information by listening and questioning
Navigate the world of work	1.5, 1.6, 3.1, 3.2, 3.3, 3.4	- Follows accepted industry practices in relation to safe dance practices and injury-prevention strategies - Takes responsibility for own professional development
Interact with others	1.1, 1.3, 2.3, 2.6, 3.3	- Works collaboratively to develop and improve dance techniques - Communicates the mood or style of dances to audiences
Get the work done	1.2, 1.4, 1.5, 2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 3.1	- Adopts a methodical, disciplined and positive approach to physical conditioning program, dance classes and evaluation of own skill development - Works creatively with music and dance - Takes steps to minimise risk of injury through appropriate physical conditioning program

Unit Mapping Information

Code and title current version	Code and title previous version	Comments	Equivalence status
CUADAN409 Develop expertise in contemporary dance technique (Release 2)	CUADAN409 Develop expertise in contemporary dance technique (Release 1)	Updated assessment conditions section. Updated modification history section to reflect changed name of training package.	Equivalent unit

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1db201d9-4006-4430-839f-382ef6b803d5>

Assessment Requirements for CUADAN409 Develop expertise in contemporary dance technique

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Performance Evidence

Evidence of the ability to:

- consistently execute well-developed contemporary dance techniques
- execute solo and group dance sequences that demonstrate a creative response to music
- respond to constructive feedback on own skills development
- follow safe dance practices
- use contemporary dance terminology correctly.

Note: If a specific volume or frequency is not stated, then evidence must be provided for each of the above points at least once.

Knowledge Evidence

To complete the unit requirements the individual must:

- explain the following principles that relate to physical movements and techniques:
 - relationship with gravity
 - spatial awareness
 - successional movement
 - use of breath
 - folding
 - extending
 - rotating
 - shifting weight

- explain how the following apply in the context of safe dance practice and injury prevention:
 - articulation of the spine
 - engagement of the feet
 - bases of support, including feet, legs, hands, arms and torso
 - range of motion of the joints
 - differentiation of the legs and pelvis
 - healthy nutrition and diet
- explain and demonstrate how the musical elements of time signatures, beat, tempo and syncopation apply to contemporary dance technique
- describe the main periods in the history of contemporary dance.

Assessment Conditions

Assessment must be conducted in a safe environment where evidence gathered demonstrates consistent performance of typical activities experienced in creative arts industry environments. The assessment environment must include access to appropriate dance performance areas or spaces with suitable flooring.

Assessors of this unit must satisfy the requirements for assessors in applicable vocational educational and training legislation, frameworks and/or standards.

Links

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